

# WHAT IS a

## TRASH-FREE LUNCH?

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### STEP 1: BRING REUSABLE UTENSILS

PACK a FORK OR SPOON THAT CAN BE BROUGHT HOME AND REUSED INSTEAD OF PLASTIC THAT WILL BE THROWN AWAY.



### STEP 2: PACK a CLOTH NAPKIN

a CLOTH NAPKIN CAN BE BROUGHT TO SCHOOL, WASHED AT HOME AND BROUGHT BACK THE NEXT DAY!



### STEP 3: GRAB a REUSABLE WATER BOTTLE

BRING a REUSABLE WATER BOTTLE INSTEAD OF a DISPOSABLE, PLASTIC WATER BOTTLE.

[WWW.LIFEFACTORY.COM](http://WWW.LIFEFACTORY.COM)



### STEP 4: TRY REUSABLE CONTAINERS

PACK a LUNCH IN REUSABLE CONTAINERS LIKE TUPPERWARE AND POUCH PALS. ALSO SAVE MONEY AND RESOURCES BY REUSING PLASTIC CONTAINERS YOU ALREADY HAVE, SUCH AS PREMADE FRUIT CUPS AND HUMMUS DIP.

[WWW.POUCHPALS.COM](http://WWW.POUCHPALS.COM)



### STEP 5: Take a TRASH-FREE LUNCH BOX

TRY a REUSABLE LUNCH BOX LIKE GO GREEN LUNCH BOXES, OR PACK a LUNCH IN a REUSABLE BAG TO ELIMINATE THE TRASH FROM PAPER BAGS.

[WWW.GOGREENLUNCHBOX.COM](http://WWW.GOGREENLUNCHBOX.COM)

